



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Kaiser, Marco**

Club: Triathlon Jena e.V.  
Number: 118

Course: 5.00 km  
n3 5-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 28:08

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 31 (of 56)

Rank in course/Men: 26 (of 36)

Best time in course: 19:26

Rank in category: 4(of 5)

Best time in the category: 21:16

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.38	7:25	5:22	4	1:50	32	2:01	1.38	7:25	5:22	4	1:50	32	2:01
Lap 2	2.34	13:31	5:46	4	3:23	25	4:19	3.72	20:56	5:37	4	5:12	28	6:19
Last lap Finish	1.28	7:12	5:37	4	1:43	23	2:23	5.00	28:08	5:37	4	6:52	26	8:42